

NORTH COAST TRADER



**BUY • SELL
TRADE**

SEPT. 6 - SEPT. 20, 2022
VOL. 3 NO. 18

FREE

NORTHWOOD



HYUNDAI

3 YEARS/ 36,000 MILES OF SCHEDULED MAINTENANCE INCLUDED



2023 HYUNDAI SANTA CRUZ

NORTHWOOD HYUNDAI

221 7th Street Eureka

707-443-4861

WWW.NORTHWOODHYUNDAI.COM

NEW

DURAWOOD

PRESSURE TREATED FIR DECKING 2^{.18} LIN Ft

2 X 6 X 16^{Ft} AND 20^{Ft} LENGTHS



TREX COMPOSITE DECKING

PEBBLE GRAY
SADDLE
MADEIRA

15% OFF

5/4X6X12-16-20^{Ft} LENGTHS

REDWOOD 2X6 DECKING

2^{.81} LIN Ft

8^{Ft} TO 20^{Ft} LENGTHS

HOME IMPROVEMENT MADE EASIER!

FORBUSCO

LUMBER & BUILDING SUPPLY

(707) 725-5111
1784 Smith Lane
Fortuna, CA. 95540

HOURS:
MON - SAT:
7:30a.m. - 5:30p.m.
SUNDAY:
9:00a.m. - 3:30p.m.

Roy's AUTO CENTER

KICK OFF TO SAVINGS SUPER SALE



2018 TOYOTA COROLLA LE
1.8L 4CYL, AUTOMATIC, BACKUP CAMERA,
BLUETOOTH WIRELESS, DYNAMIC CRUISE
CONTROL, LANE DEPARTURE ALERT AND
MORE! 28/36 MPG!
ONLY \$18,995 #31022



2012 NISSAN FRONTIER KINGCAB
TOW PACKAGE, BED LINER, 6FT BED,
BLUETOOTH WIRELESS, SATELLITE
RADIO, SLIDING REAR WINDOW, ALLOY
WHEELS AND MORE!
ONLY \$9,995 #12622



2016 DODGE JOURNEY SXT
AWD, 3RD-ROW SEATING,
FRONT AND REAR AIR CONDITIONING,
POWER SEATS, ROOF RACK, ALLOY
WHEELS AND LESS THAN 80,000 MILES.
ONLY \$15,995 #23422

A PARTIAL LIST OF OUR CURRENT INVENTORY OF CARS, TRUCKS, SUVs & VANS

CARS

2019 Ford Mustang BULLITT - 6-Speed, 480HP! #46621 \$50,995
2019 Mazda3 Hatchback Premium - Leather, 32MPG! #29922 \$28,995
2003 BMW M3 - Convertible, NICE! #25322 \$25,995
2019 Toyota Camry LE - Backup Camera, 39MPG! #50221 \$24,995
2016 Dodge Challenger SXT Plus - Leather, Nav #30722 \$24,995
2018 Mini Clubman Cooper S - Panoramic Moonroof #48521 \$23,995
2015 Volkswagen Golf SportWagen - Diesel, 40 MPG! #27322 \$22,995
2017 Chevrolet Volt LT - Electric, Hatchback #31922 \$21,995
2020 Kia Soul - One Owner, Backup Camera - #16422 \$21,995
2016 Honda Civic EX-T - Moonroof, 42 MPG! #32522 \$20,995
2018 Toyota Corolla LE - 36 MPG! #31022 \$18,995
2016 Chevrolet Malibu LS - 37MPG! Backup Camera #22822 \$17,995
2016 Honda Fit LX - Backup Cam, 41 MPG! #32822 \$15,995
2012 Lexus CT 200h Premium - Hybrid, 43 MPG! #30222 \$14,995
2010 Honda Accord Crosstour EX-L AWD - Leather #28922 \$9,995
2011 Hyundai Genesis - V6, Leather Interior #13122 \$9,995
2011 Nissan Sentra 2.0 - 31 MPG! #31222 \$6,995
2010 Nissan Versa 1.8 S - Hatchback, 31 MPG! #35321 \$6,995

TRUCKS

2018 Ford F-350 Super Duty Limited 4WD - Diesel #16122 \$76,995
2019 Ford F-350 Lariat 4WD - Diesel, Camper #18822 \$72,995
2017 Ford F-250 Lariat 4WD - Diesel, FX4 #30522 \$60,995
2017 Ford F-350 Super Duty Platinum 4WD - LOADED! #22022 \$59,995
2013 Ford F-250 Super Duty Lariat 4WD - Diesel, Lifted #08422 \$55,995
2016 Ford F-250 King Ranch 4WD - Diesel, Leather #31522 \$52,995
2022 Toyota Tundra SR5 - Like New, 6,000 Miles! #26322 \$49,995
2021 Toyota Tundra SR5 - LIKE NEW #14422 \$41,995
2018 Toyota Tundra SR5 4WD - TRD Off-Road #09922 \$39,995
2018 Toyota Tacoma 4WD - TRD Off-Road #32422 \$37,995
2017 Chevy Silverado 1500 LT 4WD - Z71, Crew #27622 \$35,995
2017 GMC Sierra 1500 SLT 4WD - Leather, Backup Cam #32322 \$30,995
2017 Ram 1500 Tradesman - Low Miles! #15922 \$26,995
2014 Toyota Tacoma 4WD - Crewcab, Camper Shell #32222 \$21,995
2000 Ford F-250 Super Duty XL 4WD - Diesel, Leather #19922 \$21,995
2007 Ford Ranger XLT 4WD - 1 Owner, Extra Clean 24k MILES! #32722 \$18,995
2008 Nissan Frontier SE - V6, Crew Cab, #31822 \$14,995
2010 Nissan Frontier SV - Extended Cab #12622 \$9,995

SUVs & VANS

2019 Toyota Sequoia 4WD - 3rd Row, LOADED! #45821 \$63,995
2020 Ford Explorer Platinum 4WD - Like New! #20222 \$53,995
2019 Mercedes-Benz GLS 450 AWD - Leather, 3rd-Row #50321 \$48,995
2018 Dodge Durango R/T 4WD - 3rd-Row, Loaded #19322 \$40,995
2017 GMC Yukon XL 4WD - Denali, LOADED! #31122 \$39,995
2018 Jeep Wrangler JK Unlimited Sahara 4WD #31221 \$36,995
2019 Subaru Ascent - 3rd-Row, Leather #26522 \$31,995
2019 Chrysler Pacifica Touring L - Backup Camera #49121 \$29,995
2017 Ford Explorer XLT AWD - Leather, 3rd-Row #18122 \$28,995
2016 Subaru Crosstrek 2.0i Premium AWD - Moonroof #16822 \$28,995
2019 Hyundai Tucson Sport - Backup Camera #05522 \$27,995
2015 Toyota Highlander XLE - 3rd Row Seating #20722 \$26,995
2016 Subaru Crosstrek 2.0i Premium AWD - 5-Speed #21522 \$26,995
2018 Subaru Forester 2.0XT Premium AWD - Moonroof #25022 \$26,995
2013 Lexus RX 350 F Sport AWD - Leather, Moon Roof #28322 \$18,995
2016 Dodge Journey SXT AWD - 3rd-Row Seating #23422 \$15,995
2014 Ford Escape Titanium AWD - Leather, Moonroof #32022 \$14,995
2015 Jeep Patriot 4WD - Extra Clean #21122 \$11,995

VIEW OUR INVENTORY ONLINE AT ROYSAUTOCENTER.COM

**5th & Broadway
Eureka**

707-443-3008

**You gotta see the boys at Roy's!
2 Locations to Serve You!**



**Like us on
facebook!**

facebook.com/roysautocenter

**5th & A Street
Eureka**

707-443-7697

All vehicles subject to prior sale. All prices plus tax, license, smog & documentation. Prices good through 9/20/22.



NAPA PARTS

NAPA Know How

See Richard, Lori, Garrett,
Adrian, Joe and Shannon

for All Your Automotive Needs!
Check us out at napaonline.com

655 Redwood Drive
Garberville 923-2732

SENIOR DESPERATELY NEEDS DECENT HOUSING and transportation. Section 8. 707-972-4456.

DINSMORE BUCK MTN. 40 ACRES, 4.5 Elevation, well water, oak, fir, pine. Very nice home sites. Owner can carry \$250k. Text ok, 707-298-5400

WANTED: RENTAL HOME FOR QUIET, responsible, retired airline employee. Seeking 1bd home to rent. No smoking/pets. FICO score above 750. Westhaven/Trinidad. Ron, 530-410-1516

DO YOU HAVE CLOTHES? Hollywood magazines, summer hats, 10 wide flats and gym shoes, unused Valentine or Easter greeting cards, clip on dangling or hooped earrings? I am 5 foot 7 and wear X large tops and large pants, head bands, winter clothes. Email Alex@211Humboldt.org.

2500LB. ALL-HYDRAULIC CRANE FOR SALE. Auto Crane Light style with extend-a-boom, mounted on an F350 flatbed (included) with dually tires. Asking \$5,000. Call Jefferson, 541-613-8581 or email jeffersonparson@gmail.com.

1963 FORD FALCON, BARN FIND. Stripped to bare metal and primed, ready for paint. Car is straight, would be a nice car for shows. Call Russ 707-502-6235 for more info. Located in Fortuna.

NORTH COAST TRADER



BUY • SELL • TRADE

The Trader is published every other Tuesday and distributed in Humboldt, Trinity, Mendocino, Lake, Del Norte and Curry counties. The opinions expressed in this publication are those of the authors or advertisers. They do not purport to reflect the opinions or views of The Trader magazine. We reserve the right to refuse or edit at our discretion all editorials, display and private party ads. The Trader is not responsible for any ad transaction between buyer & seller. Avoid scams by dealing locally, face-to-face. © 2022 The North Coast Trader. Entire contents are copyrighted. No portion may be reproduced without publisher's written permission.

TABLE OF CONTENTS

- | | |
|---|--|
| 6 California Outdoors Q&A | 15 Designing Your Garden for Better Mental Health |
| 10 5 Ways to Customize Your Doors and Windows with Unique Glass | 16 Design a Bird-friendly Landscape |
| 12 Buyer Beware: 'Ironing Out' the Facts on Vitamins and Supplements | 16 Sudoku |
| 13 Stretch Your Grocery Budget with a Savory Solution | 18 Calendar of Events |
| | 23 Home Country |
| | 23 Crossword |

NORTH COAST TRADER STAFF

PUBLISHER Melissa Sanderson • melissa@northcoastjournal.com

EDITOR Jennifer Fumiko Cahill • jennifer@northcoastjournal.com

CALENDAR EDITOR Kali Cozyris • calendar@northcoastjournal.com

PRODUCTION MANAGER Holly Harvey • holly@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Heidi Bazán Beltrán, Dave Brown, Rory Hubbard, Renée Thompson
ncjads@northcoastjournal.com

ADVERTISING MANAGER Kyle Windham • kyle@northcoastjournal.com

TRADER SALES DIRECTOR Bruce Proctor • bruce@thetrader707.com

SENIOR ADVERTISING REPRESENTATIVES

Bryan Walker • bryan@northcoastjournal.com Judeen Peck • judeen@thetrader707.com

ADVERTISING REPRESENTATIVE

Heather Luther • heather@northcoastjournal.com

CLASSIFIED ADVERTISING Mark Boyd • classified@northcoastjournal.com

INSIDE SALES REPRESENTATIVE Trevor Lee • trevor@northcoastjournal.com

BOOKKEEPER Deborah Henry • billing@northcoastjournal.com

OFFICE MANAGER/DISTRIBUTION Michelle Dickinson • michelle@northcoastjournal.com

MAIL/OFFICE

310 F St., Eureka, CA 95501 | 707 442-1400 | FAX: 707 442-1401 | www.thetrader707.com

LOST DOG: MINI CHIHUAHUA, MALE, tan w/ white chest, 8 yrs old. Missing since December in McKinleyville. Please call 707-713-6105 or Joyful Healer Church, McKinleyville. His mom misses and loves him and wants him back please.

DONATE TODAY! DONATE YOUR ITEMS of value to help House the Homeless and reduce your taxes. We are in Need of Funding for our "House the Homeless" project. Call or text 844-443-0770. thehomelesscoalition2022@gmail.com www.thehomelesscoalition.org



#2007169D

#2007211A

#2007034B

#2006911A

#2006713A

#2007203A

#1006642

#2007205A

#2007166A

#2007112A

#20070218

#2007169B

**GEAR UP
& GO WITH
LEER!**



TRUCK CANOPIES AND TONNEAU COVERS
Your LOCAL LEER Dealer



ALL MAKES & MODELS • COLOR MATCH • FIBERGLASS • COMMERCIAL CABS
Ford • Chevy • GMC • Mazda • Honda • Dodge • Toyota • Isuzu • Nissan

**Ask about
our Used
In Stock
Canopies**

Now CUSTOM ORDER



Ad expires 09/21/22

McCrea Nissan

601 7th Eureka | 442-1741

Should I take down my bird feeders because of avian influenza?



CDFW

Bird Feeders

Q: In response to recent warnings about avian flu in wild birds, I have taken down my bird feeders and bird baths. When is it OK to put them back out?

A: Infection with avian influenza viruses among songbirds, including many common backyard birds, appears to be relatively rare. However, feeding and providing water to wild birds is generally discouraged because the increased congregation of wild birds at bird feeders and bird baths may lead to fecal contamination of the local environment, which can aid in disease transmission. While the risk of avian influenza to most songbird species appears low, there are other more common diseases, such as avian pox and avian trichomonosis, that periodically circulate among wild birds that may cause increased mortality during outbreaks. Rather than providing bird seed to wild birds, a healthier option would be to provide natural sources of food by landscaping with native plants, if possible. This will benefit wild birds and pollinators like butterflies and

bees.

If you do choose to have bird feeders and bird baths, it is generally recommended that bird feeders and bird baths are thoroughly cleaned outdoors at least once a week, and more often if there is heavy use by birds. Disposable gloves should be worn and hands should be thoroughly washed after handling bird feeders and bird baths. Please note, some pathogens can persist in water, on surfaces or in soil for hours to days, so even the most rigorous cleaning may not be enough to stop all disease transmission. If backyard chickens or other captive birds such as ducks, geese, pigeons, doves and parrots are present in the area, it's strongly recommended not to have bird feeders and bird baths, and to exclude wild birds from accessing chicken feed and water.

Hunter Education

Q: I recently completed my hunter education course. How do I obtain my hunter education certificate?

A: Currently, CDFW's Hunter

Education course is offered in three formats – traditional, hybrid and online. The traditional and hybrid courses include in-person instruction and testing. Those who successfully complete one of these courses will be issued a card-style hunter education certificate by the instructor. The online only course allows you to print out a paper certificate upon completion. Regardless of which course format you complete, a Hunter Education certificate on durable license paper can also be purchased through CDFW's Online License Sales and Services webpage by following these steps: login, select "Purchase Licenses," then select "Hunter Education," and then "Hunter Education Certificate (Dup)." For additional information about both basic Hunter Education and Advanced Hunter Education, please visit CDFW's California Hunter Education webpage.

You may also consider purchasing a lifetime license. There are two types: the lifetime fishing license and lifetime hunting license. To learn more, visit

CONTINUED ON PAGE 9 →

NORTHWOOD

7th & Dst
Eureka

CHEVROLET HYUNDAI 707-443-4861



\$11,995

2002 Chevrolet
Camaro
59,050 miles
U03105



\$16,995

2017 Chevrolet
Cruze
61,870 miles
U03129



\$16,995

2016 Chevrolet
Impala
105,711 miles
U03115



\$19,995

2019 Nissan
Sentra S CVT
61,045 miles
U03125



\$20,995

2020 Chevrolet
Sonic
10,053 miles
N02137



\$23,595

2020 Chevrolet
Malibu
66,297 miles
U03122



\$23,995

2020 Chevrolet
Equinox AWD LT
66,866 miles
U03124



\$23,995

2017 Ford Super
Duty F-350 SRW
164,940 miles
U03109



\$24,995

2020 Nissan
Altima
48,174 miles
U03111



\$26,995

2016 Ford
F-150 XL
86,290 miles
U03051



\$27,995

2021 Nissan
Kicks
12,376 miles
U03119



\$27,995

2020 Hyundai
Sonata
30,850 miles
U03120



\$28,995

2017 Mazda
MX-5 Miata RF
23,120 miles
U03055



\$30,995

2016 Lexus IS 350
4dr Sdn RWD
65,690 miles
U03099



\$30,995

2013 Chevrolet Silverado
2500HD Duramax
151,377 miles
U03029



\$33,295

2015 Ford F-150
Lariat 4x4
83,037 miles
U03084



\$34,995

2021 Honda
Accord Sedan
3,864 miles
U03103



\$37,995

2020 Toyota
Tacoma 4WD
46,364 miles
U03098



\$38,995

2020 Hyundai
Santa Fe
37,265 miles
U03104



\$38,995

2018 Chevrolet Suburban
4WD 1500 LT
86,672 miles
U03118



\$40,995

2021 Chevrolet
Colorado
3,930 miles
U03093



\$43,995

2020 Toyota Tacoma
4WD SR5 TRD Sport
23,508 miles
U02993



\$43,995

2020 GMC Canyon
Crew Cab 4-Wheel Drive
14,665 miles
U03034



\$56,995

2015 Chevrolet Silverado
2500HD LTZ Duramax
52,400 miles
U03053

NORTHWOODHYUNDAI.COM

Sale price does not include Tax, License or \$80 Document fee. Subject to prior sale. Loans subject to credit lenders approval. Ad Expires 9/21/22

Home of the Sweet Deals!

Our friendly and knowledgeable sales staff is here to help you find the car you deserve, priced to fit your budget. Shop our virtual showroom of used cars, trucks and suv's online then stop by for a test drive.

2008 Scion xB Wagon



Color: White
Interior: Cloth
Drive: Select
Trans: Select
Engine: 2.4L L4 DOHC 16V
Mileage: 163,070
Stock #: 1010

>>>>>> \$7,988

2000 Nissan Frontier XE Crew Cab 4WD



Color: Beige
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 3.4L V6 OHV 12V
Mileage: 179,000
Stock #: 1003

>>>>>> \$8,988

2014 Kia Soul 4D Wagon 6sp



Color: Black
Interior: Cloth
Drive: 2WD
Trans: Manual
Engine: 1.6L L4 DOHC 16V
Mileage: 167,020
Stock #: 4299-E

>>>>>> \$8,988

2004 Toyota Camry LE



Color: Silver
Interior: Cloth
Drive: Select
Trans: Select
Engine: 2.4L L4 DOHC 16V
Mileage: 52,020
Stock #: 1013

>>>>>> \$11,988

2014 Honda Civic EX Coupe 5-Spd MT



Color: Bronze
Interior: Cloth
Drive: FWD
Trans: 5 Speed
Engine: 2.3L L4 SOHC 16V
Mileage: 130,290
Stock #: 4236-2

>>>>>> \$12,988

2005 Chevy Silverado 1500 Ext Cab



Color: Gold
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.3L V8 OHV 16V FFV
Mileage: 170,135
Stock #: 4277

>>>>>> \$13,988

2013 Honda Accord LX



Color: Silver
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.4L L4 DOHC 16V
Mileage: 174,522
Stock #: 4300-E

>>>>>> \$13,988

2013 Honda Civic LX Sedan 5-Speed AT



Color: Black
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.8L L4 SOHC 16V
Mileage: 144,978
Stock #: 4310

>>>>>> \$13,988

2013 Toyota Corolla LE 4-Speed AT



Color: White
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.8L L4 DOHC 16V
Mileage: 133,967
Stock #: 4306-E

>>>>>> \$13,988

2006 Toyota Tacoma Double Cab V6 4WD



Color: Silver
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 4.0L V6 DOHC 24V
Mileage: 181,874
Stock #: 1006

>>>>>> \$18,988

2016 Toyota Corolla S Premium CVT



Color: Blue
Interior: Leather Trim
Drive: FWD
Trans: Automatic
Engine: 1.8L L4 DOHC 16V
Mileage: 38,575
Stock #: 1007-E

>>>>>> \$19,988

2019 Toyota Camry SE



Color: Black
Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 2.5L L4 DOHC 16V
Mileage: 54,600
Stock #: 1011-E

>>>>>> \$26,988

**NOW AT ONE
CONVENIENT
LOCATION**

SWEETHEART
Motors LLC

**Our bigger, better lot
on the corner of
4th and Q St Eureka!**

1537 4th Street, Eureka
707-445-1177 M-F 9-6 • Sat 10-5

www.sweetheartmotors.org

All vehicles subject to prior sale. All prices plus tax, license, smog & documentation. Prices good thru 09/21/22

California Outdoors Q&A

← CONTINUED FROM PAGE 6

CDFW's Lifetime Licensing webpage.

Welcome to the ranks of California hunters! We wish you many memorable and successful seasons ahead.

Shipping Wildlife Skulls

Q: Can I ship a crocodile skull to California? I sell them online and have a client in California who would like to purchase one.

A: California Penal Code, section 6530 prohibits the sale of alligator or crocodile parts in California, even though neither are native to our state. This law can sometimes be easy to miss, especially for out-of-state vendors, because it is found in the Penal Code and not the California Fish and Game Code.

California Penal Code section 6530 (b)(1) states: "Commencing Jan. 1, 2020, it is unlawful to import into this state for commercial purposes, to possess with intent to sell, or to sell within the state, the dead body, or a part or product thereof, of a crocodile or alligator."

Subsection (b)(2) states: "This subdivision does not authorize the importation or sale of any alligator or crocodilian species, or products thereof, that are listed as endangered under the federal Endangered Species Act, or to allow the importation or sale of any alligator or crocodilian species, or products thereof, in violation of federal law or international treaty to which the United States is a party."

Penalties for conviction of this violation are steep. Subsection (d) of section 6530 states that a person who violates this section is guilty of a misdemeanor and shall be subject to a fine of not less than \$1,000 and not to exceed \$5,000 or imprisonment in the county jail not to exceed six months, or both that fine and imprisonment, for each violation.



If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.



Thank you to all of our Volunteer Fire Departments! Not only do you keep our community safe you also travel to other communities to help protect them. We know this takes time away from your family. We want you to know it is very much appreciated. Thank you for all that you do!



KAREN MICLETTE INSURANCE AGENCY
833 Redwood Dr., Garberville
(707) 923-3206
Lic. #0826015

We're dedicated to our community.

**Auto ♦ Business ♦ Health ♦ Liability ♦ Life
Watercraft ♦ Motorcycle ♦ Flood ♦ Home ♦ Bond**

2016 Chevy Colorado 4x4 Extended Cab
Only 19K miles - Like New
Vin #162749



32 Year Anniversary



AUTO MART
707-459-3039

LARGE SELECTION of Cars and Trucks

METAL ROOFING HEADQUARTERS



Package Specials



**IN STOCK:
BARE METAL
ROOFING**

**2ft and 3ft wide
8ft, 10ft, and 12ft Lengths
Knowledgeable Staff
Many Colors • Custom Lengths**

**3950 JACOBS AVE
(HWY 101) EUREKA
(707) 443-4851**

**STORE HOURS
11-5 TUES.- SAT.
CLOSED SUN. & MON**

CARLJOHNSONCO.COM



Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish).

Program Assistant

Full-time, starts at \$16.00/hour

Program Analyst I/II

Full- or part-time, starts at \$16.71-\$17.59/hour

Human Resource Specialist

Full-time, starts at \$18.73/hour

Benefits include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing. COVID-19 Vaccine required.

Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org

Hablamos español

[@changingtidesfamilyservices](https://www.facebook.com/ChangingTidesFamilyServices)



Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish).

Mental Health Case Manager

Starts at \$20.30/hour

Bilingual Mental Health Case Mgr

(Spanish) Starts at \$21.31/hour

Clinician I/II

Starts at \$27.09/hr, \$5,381.09/month

Bilingual Clinician I/II (Spanish)

Full-time, multiple positions, starts at \$24.54/26.22/hour, \$4,875/\$5,191.87/month

Mental Health Support Specialist

Part-time, starts at \$20.30/hour.

Benefits include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing. COVID-19 Vaccine required.

Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org

Hablamos español

[@changingtidesfamilyservices](https://www.facebook.com/ChangingTidesFamilyServices)



Statepoint.net

5 Ways to Customize Your Doors and Windows with Unique Glass

(STATEPOINT) While the functionality of your home's windows and glass doors is important, experts say you shouldn't neglect to consider aesthetics as well.

"No matter the architectural style of your home, you have more choices than you may think when updating windows and glass doors," says Ashley Ridenour, door and window marketing manager for ProVia. "Many of these options can add instant curb appeal, while also elevating the elegance, beauty and style of

your home's interiors."

According to Ridenour, here's how to capture your unique personality when making this renovation:

1. Add glass doors: Create the perfect personalized entry to your home by opting for a front door with special glass, along with complementary sidelites. Today's top-of-the-line glass entry doors are not only beautiful, they also provide UV protection, durability and energy efficiency for increased comfort. You can

carry this inspiration to the back of your home as well -- options abound for customizing your sliding glass or hinged patio doors.

2. Enhance privacy: Privacy glass allows light to filter in, while maintaining a high level of privacy for your home. ProVia carries five styles of privacy glass offering different levels of obscurity, which can be fitted to a wide range of door and window models and styles.

3. Beautify with ornamental glass: Decorative glass is created by precisely cutting, beveling, mitering and soldering glass components into artistically designed patterns. Mimicking the hand-made sheet glass of centuries past, the designs lend an elegant and vintage flair to ordinary door and window glass. Aesthetic imperfections like textural waves, striations and random air beads give each design its own unique visual character and charm.

4. Turn to color: Give your home a beautiful boost of color with custom hand-stained window and door glass. At ProVia, in-house glass artists create the design, and skilled craftsmen hand-apply the color fill to the glass. It's an affordable way to get the timeless look of antique stained glass for your entry door, windows, patio doors and even the glass in your storm door.

5. Opt for built-in blinds: Typically available in both white and neutral hues such as cream and tan, built-in blinds are another way to complement your home interior and add privacy. This is also a low-maintenance option for those who love a clean look -- because the blinds are in a sealed and insulated glass unit, they remain dust free.

To learn more about custom glass windows and for additional design tips, visit provia.com/glass/windows.

"When it comes right down to it, windows don't have to be purely functional. Before you make a selection, be sure to explore all of your options, and don't be afraid to get a little daring," says Ridenour.

HELP WANTED

CASHIER DELIVERY & WAREHOUSE

APPLY IN
STORE

HOURS
TUE-SAT
11 TO 5



3950 JACOBS AVE (HWY 101) EUREKA
(707) 443-4851 CARLJOHNSONCO.COM

HIRING?

442-1400 x 314
ads@thetrader707.com

MY NAME IS BEAR

Mixed Breed NEUTERED male,
7 years old and 62 lbs.



MY NAME IS KO

3 months old, NEUTERED male, domestic
long hair, black tabby and white.



Mendocino Animal Shelter

www.mendoanimalshelter.com
(707) 463-4427



CANTUA INSURANCE AGENCY



Lic #OC67822

AUTO • HOME • LIFE • BOAT • MOTORCYCLE
MOBILE HOME • COMMERCIAL • WORK COMP.

Two Locations to Serve You

778 Redwood Drive • Garberville
707-923-2179

FAX 707-923-9550

16 W. Valley Street • Willits
707-459-3276

FAX 707-459-3298

RCantua@farmersagent.com

www.NorCalQuote.com

Lawn Care Service

\$35/hour
2 hour
minimum

Riding & cordless mowers,
both with baggers • Dump runs
Weed eating • Hedge trimming

Call Corey 707-382-2698

Buyer Beware: 'Ironing Out' the Facts on Vitamins and Supplements



© Zinkevych / iStock via Getty Images Plus

(STATEPOINT) The supplement industry is booming, with more than four in five Americans taking vitamins or supplements, according to a recent Harris Poll on behalf of the American Osteopathic Association. Despite their popularity, the FDA doesn't test the effectiveness, safety or quality of supplements or their ingredients.

To help you navigate this largely unregulated industry, NovaFerrum, a leading manufacturer of iron supplements for children and adults whose products have been clinically proven safe, effective and well tolerated, offers the following primer:

- **Good sourcing.** Where it comes from is almost as important as what's in it. Manufacturers can cut corners by working with lower-quality global suppliers or operating in places that require little oversight. Look for products sourced and manufactured in the United States, such as NovaFerrum.

- **Proper dosage.** There is wide variation in the amount of active ingredients in each supplement. Some iron supplements, for example, contain only slightly more iron than a glass of tap water. Make sure you get what you're paying for. On the other hand, taking too high a dosage can be dangerous. Know the Tolerable Upper Intake Level or UL (the maximum amount you can ingest without negative side effects) of each supplement

you take.

- **Truthful product claims.** Don't be fooled by product claims not backed by third parties. The "certified gluten-free" symbol on food packaging means stringent steps were followed to prevent gluten cross-contamination and that the food has been independently tested by a third party. Similarly, many products are listed as vegan, kosher and halal, but smart consumers know to look for those that are vegan-verified and Etimad Halal or Kosher certified.

- **The right ingredients.** While organic is a good thing when you buy vegetables, when it comes to products that require a shelf-life, this might not be the best approach. Some popular "all-natural" supplements have been recalled due to bacterial contamination. Without some level of preservative, harmful bacteria can grow in liquid supplements and make users seriously ill.

- **Trustworthy brands.** The supplement industry has experienced a number of lawsuits and recalls for issues related to ineffectiveness and adverse reactions. Do your homework.

- **Science-backed products.** Don't trust your family's health to a formula cooked up in a kitchen sink. Seek scientifically proven solutions based on years of pharmaceutical and healthcare experience and recommended by licensed medical professionals. Choose

only supplements that have voluntarily undergone full-scale, multi-year clinical trials to prove that they're safe, effective and well-tolerated.

- **Easy ingestion.** Look for infant and children's products that actually taste good enough that they'll take them. The pediatric drops and chewable tablets from NovaFerrum, for example, come in flavors like chocolate and raspberry grape. Also, when it comes to iron supplements, stick with formulations that reduce iron-related gastrointestinal side effects often experienced by people of all ages.

- **Doctor-approved solutions.** What you put into your body impacts your health in myriad ways, so choosing a supplement is essentially making a medical decision. Don't rely on slick advertising. Always get your doctor's counsel.

For more information on NovaFerrum, its iron supplements or its clinical trial, visit novaferrum.com.

"Whether you're taking supplements for athletic performance, to fill nutritional gaps or to boost wellness, it's essential to make smart choices," says Patrick Monsivais, CEO of NovaFerrum. "The good news is that with a little research, you can determine which are effective and made from high-quality ingredients, and which are a waste of money or, worse, potentially harmful."





Culinary.net

Stretch Your Grocery Budget with a Savory Solution

(FAMILY FEATURES) In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25 percent finely chopped mushrooms and 75 percent ground meat. For tacos or chili, use

50 percent mushrooms and 50 percent meat or an even higher mushroom-to-meat ratio.

Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in a recipe like Creamy Spinach, Mushroom and Lasagna Soup.

One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

CONTINUED ON NEXT PAGE →

MY NAME IS SAWYER

Great Pyrenees. Adult Male Large.



MY NAME IS EMERSON

Domestic Short Hair.
Young Male Small.



South Coast Humane Society

(541) 412-0325

828 Railroad St. Brookings, OR 97415

MY NAME IS WES

Labrador Retriever & Pit Bull Terrier Mix.
Adult Male Large Black, White / Cream.



MY NAME IS FROGGY

Domestic Short Hair.
Kitten Male Small.



Humboldt County Sheriff's Animal Shelter

(707) 840-9132

980 Lycoming Ave. McKinleyville, CA 95519

Lowell DRYWALL

Lic #988933

There's no job too small,
crack repair, patchwork,
remodels, or new
construction; serving Lake
and Mendocino County.

CELL PHONE:
707-621-3511

MESSAGE PHONE:
707-274-7072

FIND US ON FACEBOOK 

Grocery Budget

← CONTINUED FROM PREVIOUS PAGE

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS,
RD, on behalf of the Mushroom Council

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as
white button, crimini or
portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- ½ teaspoon salt
- 1 teaspoon oregano
- ½ teaspoon black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into
pieces
- ½ cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- ½ cup shredded mozzarella
cheese, for topping

Heat large pot over medium heat. Add
olive oil, garlic, onion and mushrooms.
Cook, stirring occasionally, until onions
and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, toma-
to paste, vinegar, sugar, basil, salt, oreg-
ano, pepper, bay leaf and broth. Bring to
boil over high heat then reduce heat to
low and simmer. Add lasagna noodles
and cook, stirring often, until softened,
about 15 minutes.

Remove from heat and remove bay
leaf. Stir in heavy cream and spinach
until wilted, 2-3 minutes.

Divide between bowls and top each
with dollop of ricotta and sprinkle of
mozzarella.



BANDERA

U.S.A.

- SALES
- SERVICE
- INSTALLATION
by Licensed Contractors

WATER TANKS

DISCOUNT
on selected tanks
5 or more



We carry Snyder, Bushman & Norwesco 165 - 5000 gallon



Monday - Friday • 8 am - 5 pm
1315 Fernbridge Dr., Fortuna, CA 95540
Toll free 866-226-3378
Phone 725-0434 • Fax 725-1156

Designing Your Garden for Better Mental Health



Landscape architect Doug Scott says gardening is good for the mind.
Exmark

(STATEPOINT) Gardening is not only a means for beautifying outdoor spaces and growing delicious foods. According to those who spend significant time in the yard, getting outside can also support your wellbeing.

“Gardening is good for the mind, it’s good for the soul and it’s good for the body,” said legendary football coach, Vince Dooley. “I enjoy coming out to garden, and when I finish, I feel like I’ve done something, and I feel good.”

Landscape architect Doug Scott of Redeem Your Ground recently visited Dooley in Athens, Ga. to discuss gardening and mental health. Here are some of the insights they shared:

Health Benefits

● **Active benefits:** Gardening exercises the body and clears the mind. Studies show that increased outdoor exposure leads to fewer long-term health problems, helping improve cardiovascular fitness, flexibility, strength, and dexterity — all leading to better mental health. Simply planting, growing, harvesting and maintaining plants gives you a direct emotional boost. Why? Gardening helps foster nurturing instincts and restores a sense of hope and purpose, ultimately improving self-esteem.

● **Passive benefits:** Don’t have a green thumb? Don’t worry. Scientific evidence

proves that just being in nature has positive impacts on stress levels and brain chemistry. It can also lower blood pressure, increase concentration and improve mood. What’s more, being outdoors offers a deeper sense of belonging and a new sense of purpose outside the daily grind.

Designing Your Garden

Scott advises designing your garden to reflect how you want to live outside. He typically builds “rooms” connected by meandering paths for resting, unwinding, and feeling restored. However, your outdoor spaces don’t always need to be quiet. They can encourage activity as well. If you enjoy company, create gathering spaces. Or, if you have hobbies that can be done outdoors like exercising, painting or writing, you can set aside areas for them.

Finally, Scott recommends designing your garden to awaken your five senses. Here’s how:

1. Sight: Choose calming colors, or those that bring you joy. The simple sight of a breathtaking array of plants or an arrangement of favorite flowers is bound to give your mental health a boost.

2. Taste: Growing your own food will provide you with an incredibly rewarding harvest. Not only will you be able to

enhance meals with the fruits of your labor, you’ll get the personal satisfaction of a job well done.

3. Hearing: Among the plants and flowers, add fixtures, such as wind chimes and water features, that’ll produce soothing sounds. And with the new habitat you’ve created, you’ll enjoy bird song, too!

4. Touch: From the light, feathery textures of petals to the rough surfaces of bark or bush stems, touch offers a deeper sense of connection to nature.

5. Smell: You may already use aromatherapy indoors. Take this concept outside by growing fragrant flowers and herbs, so you can literally “stop to smell the roses.”

Scott and Dooley offer more insights in “Garden Therapy,” a recent episode of “Done-In-A-Weekend Projects,” an original series from lawn care equipment manufacturer, Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos.

By gardening, your mental health will be better off for it. Just be sure to start small, simple and stress-free. ♦

Design a Bird-friendly Landscape

by Melinda Myers



Evergreens, like this yew, provide year-round appeal and shelter for birds.
Photo courtesy of MelindaMyers.com

TEMPERATURE EXTREMES, drought and storms take a toll on our landscapes. Sometimes a bit of pruning, proper care and patience is all that is needed to help plants recover. Other times, plants need replacing. It is always sad to lose a favorite plant. The memories, time and money invested are lost, but it presents an opportunity to grow something new.

Consider creating a bird-friendly landscape when selecting replacements for failing and dead plants. Working with nature is a great way to support birds without the use of feeders.

Look for seed, berry and nectar producing plants that attract songbirds. You will enjoy the color and motion these

birds add to your landscape. Plus, 96 percent of terrestrial North American birds feed upon insects, helping you manage garden pests.

Plant bird-friendly flowers, shrubs and trees in clusters whenever possible. This creates an impressive display in the landscape and allows birds to gather food more efficiently and waste less energy traveling between plants.

Select a variety of plants to ensure both seasonal and year-round birds have plenty of food. Include a mixture of plants that provide seeds, berries or nectar from spring through fall. These plants are nature's birdfeeders, eliminating the need to clean and fill tradi-

tional feeders.

Include native trees, shrubs and flowers whenever they are suited to the growing conditions in your yard. Native plants, birds and insects have co-evolved over time, making them a great source of food and shelter for native birds. Audubon's Native Plant Database provides lists of plants suited to your location.

Consider plants with year-round appeal. Evergreens provide screening and a backdrop for other plants and shelter for the birds. Junipers come in a variety of sizes and shapes and tolerate hot dry conditions once established. Choose hemlocks for those shadier locations.

Yemaya's Apothecary



Quality Herbal Products
Custom Blends Available
Consultations

Yemaya Kimmel
Herbalist

www.YemayasApothecary.com

 Yemaya's Apothecary

su | do | ku

© Puzzles by
Pappocom

Very Easy #13

		8	1	2		6	9	7
	2			5				
	6	4			3			8
		7	4	8		9		3
			7		5			
6		1		9	2	5		
3			6			7	8	
				3			2	
9	7	5		4	8	1		

www.sudoku.com

**NORTH COAST
TRADER**



> THETRADER707.COM <

They require moist well-drained soil and shelter from winter wind and sun.

Deciduous trees and shrubs — those that lose their leaves in winter — can provide multiple seasons of beauty with flowers, fruit, fall color and interesting bark. Many of these also provide shelter and food for songbirds. Serviceberries have multiple seasons of beauty and produce edible fruit you and the birds will enjoy in June. Dogwoods, including red twig and pagoda, have flowers for pollinators and late summer fruit for the songbirds. Winterberry is an excellent source of winter food. You will need at least one male for every one to five female plants for pollination and fruit to form. Grow these in full sun to light shade and moist acidic soil.

Reduce the risk of injury and the inconvenience of accidentally knocking out power, cable or other utilities while making bird-friendly additions to the landscape. Contact Diggers Hotline at least three business days before you get started planting. Just call 811 or file a request online at <https://call811.com/811-In-Your-State>. They will contact all the appropriate companies who will mark the location of their underground utilities in the designated work area. August 11 has been declared 811 Day to remind everyone to call 811 prior to any digging project.

Your efforts now to welcome birds into your landscape are sure to provide much beauty and enjoyment for years to come.



Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*.

She hosts *The Great Courses* "How to Grow Anything" DVD instant video series and the nationally syndicated *Melinda's Garden Moment* TV & radio program.

Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.



JUDY DAVIS
Insurance Services, Inc.

**Auto • Business • Home
Family • Farms • Ranches**

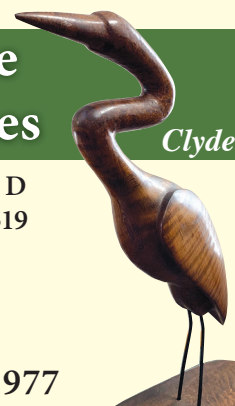
744 10th Street
Fortuna CA 95540
707.725.5411

1933 Central Ave. Ste. D
McKinleyville CA 95519
707.839.5288

www.jdinsurance.com

Lic. # 41787

Serving Northern California Since 1977



TWISTER T4 VSC
TRIMMING MACHINE



CAS PB150 LEGAL FOR
TRADE SCALE



**YOUR HARVEST HEADQUARTERS
& SMOKE SHOP**

591 Briceland Thorn Rd, Redway 707.923.9319
Hours: 10 to 5 Mon. - Fri. Sat. 10 to 4



CENTURION PRO HP3
BUCKER & STAND



HARVEST RIGHT
PHARMACEUTICAL
FREEZE DRYER

TRIM MACHINES, BUCKING MACHINES, POLLINATORS, SCALES, EXTRACTION EQUIPMENT



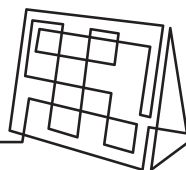
**24251 Sherwood Rd.
Willits, CA 95490**

**General Engineering
Contractor #864428**

www.wixsonenterprises.com

Calendar

Sept. 6 - Sept. 20, 2022



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpresempowered.com. (707) 443-5021.

Fall Into Mountain Music Festival. Fri., Sept. 16, 3 p.m.-midnight and Sat., Sept. 17, 3 p.m.-midnight. Lakeview Terrace Resort, 9001 Trinity Dam Blvd., Lewiston. Two-day music festival with five bands each day. Plus, artisan vendors, food trucks, fire dancers, laser light show, ice cream, dancing. Tickets at Eventbrite. \$20 per day, \$35 two days.

Redwood Coast Region Economic Summit - Growing Forward. Thu., Sept. 15 and Fri., Sept. 16. Virtual World, Internet, Online. Join business leaders in the region to learn and share about growing the area's economic development for the benefit of people and planet. susans@aecd1.org.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People.

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

Art at the Port, Summer Boardwalk Exhibition. Port of Brookings Harbor Boardwalk, 16330 Lower Harbor Road. Showcasing coast artists of all ages. More info at artattheport.com.

LIFESTYLE & COMMUNITY

Brookings Bodacious Bazaar. Second Saturday of every month, 10 a.m.-5 p.m. Port of Brookings Harbor Boardwalk, 16330 Lower Harbor Road. Vendors, beer garden, live music.

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Road, Brookings. Every second Sunday of the month. \$8.

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

South Coast Water Trails, Group Paddle. Sat., Sept. 17, 10 a.m.-4 p.m. Port of Brookings Harbor Boardwalk, 16330 Lower Harbor Road. All are welcome. Paddles are not guided and free to join. All paddles will be out and back with the tides - no shuttling. Personal Floatation Devices (life jackets) required. Bring paddling gear you wish to trade or sell after the paddle. Brought to you by the Oregon Coast Visitors Association.

Del Norte County

LIFESTYLE & COMMUNITY

Downtown Crescent City Farmers and Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Shop for farm fresh food and meat along with unique handmade art, crafts, jewelry and other items. Enjoy lunch with food and food truck vendors and support the local community of makers and farmers.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Harvest Ceremony. Sat., Sept. 10, 12-5 p.m. Young Family Ranch, 260 Oregon St., Weaverville. Join the fall time harvest ceremony with the Wintu Educational and Cultural Council. From noon until 2 p.m., participate in cultural activities including soap stone carving, pine needle baskets, beading, flint knapping demonstration and more. 2-3 p.m. Harvest Ceremony. 3-5 p.m. Potluck and activities. Bring a dish to share. All are welcome.

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Every Wednesday at the Highland Art Center meadow. www.highlandartcenter.org.

Humboldt County

ARTS & CULTURE

A Banjo Makes 3. Sat., Sept. 10, 6-8 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Bluegrass. Free. www.madriverbrewing.com. (707) 668-4151.

A Midsummer Night's Dream. Fridays, Saturdays, 8 p.m. and Fri., Sept. 9, 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Go on a surreal journey full of love, mischief and magic in one of Shakespeare's most beloved plays. \$20, \$18 for students and seniors. ncrt.net/midsummer-nights-dream.

An Evening with Steve Poltz. Sun., Sept. 18, 7-10 p.m. Trinidad Town Hall, 409 Trinity St. Comedic music. \$25. info@trinidadlight-housegrill.com. poltz.com/.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St.,

Eureka. Come for the conversation and bring your own project or partake in one where you'll be provided with materials and instruction for an additional fee. Sign up and see what this month's project is online. \$22. stainedghost.com.

Art Night at the Sanctuary. Third Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. \$5-\$20 suggested, no one turned away for lack of funds. sanctuaryarcata.org.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Beauty for Ashes - A Tribute to Heroes. Sun., Sept. 11, 6-7 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. This original ballet created by the director Greta Leverett commemorates the 21st anniversary of 9/11. It also

pays tribute to veterans, military and first responders. \$10 suggested donation. bal-letemmaus5@gmail.com.

Benefits of Connecting to the Internet. Wed., Sept. 7, 1-2:15 p.m. Jefferson Community Center, 1000 B St., Eureka. This lecture offers real-life examples of how home internet access can help you save money, connect with others and make everyday tasks easier. All participants must be 50+ and fully vaccinated. mgallagher@a1aa.org. (707) 499-2457 ext. 209.

Chromebook Essentials. Mondays, Wednesdays, 10:30-11:45 a.m. Tri-County Independent Living, 139 Fifth St., Eureka. This five-week course covers the essentials. Chromebooks provided for class. Pre-registration is required, open to any 50+ fully vaccinated individuals. mgallagher@a1aa.org. (707) 442-3763 ext. 209.

Computer Essentials. Mondays, Wednesdays, Fridays, 3:30-4:45 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. This five-week course covers basic functions, how to navigate the internet and emails. Computers provided for use in class. Pre-registration is required, open to all 60+

fully vaccinated individuals. mgallagher@a1aa.org. (707) 499-2457 ext. 209.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Forrest Gump (1994). Sun., Sept. 11, 5-8:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated PG-13. All ages. Parental guidance strongly suggested. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/1391292831379697. (707) 613-3030.

Jerry Martien. Tue., Sept. 20, 7-8 p.m. Arcata Playhouse, 1251 Ninth St. Jerry Martien brings half a century of poetry to the stage with musicians Fred Neighbor and Gary Richardson. \$15. melanie@arcataplayhouse.org. arcataplayhouse.org/events/jerry-martien/. (707) 822-1575.

John Jorgenson Bluegrass Band. Fri., Sept. 9, 7:30 p.m. The Old Steeple, 246 Berding St.,

CONTINUED ON NEXT PAGE →



Cocktail menu
available in Fortuna & Rio Dell

1665 Main Street, Fortuna, CA • 541 Wildwood Ave, Rio Dell, CA
 Monday-Saturday: 6:15am - 5:30pm • Sunday: 7:15am - 5:00pm

Calendar

← CONTINUED FROM PREVIOUS PAGE

Ferndale. All-star bluegrass supergroup. \$26.50.

Karaoke (Thirsty Bear Lounge). Thursdays, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Come get your sing on. Free. bearrivercasino.com.

Matilda (1996). Sun., Sept. 18, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. All ages. Parental guidance suggested. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/472609314348288. (707) 613-3030.

Music in the Garden. Third Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy live music in the garden. hbgf.org.

Natural Fiber Fair. Sat., Sept. 10, 10 a.m.-5 p.m. and Sun., Sept. 11, 10 a.m.-4 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Knitting, spinning, felting, weaving, dyeing, vendor hall featuring fleeces, fibers, yarn, tools and finished goods. Plus, demos, workshops, exhibits, food and a

fiber circle. Free admission, fee for workshops. naturalfiberfairinfo@gmail.com. naturalfiberfair.com.

Oak Top. Fri., Sept. 9, 6-8 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Acoustic bluegrass, country and folk music. Free. www.madriverbrewing.com. (707) 668-4151.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeak-easybar@yahoo.com. facebook.com/speak-easyeureka. (707) 444-2244.

PianoVoce with Guest Flutist Linda Holland. Sat., Sept. 10, 7:30-9 p.m. Fortuna Monday Club, 610 Main St. Flute/piano music and piano four-hands duets. Audience members must show proof of COVID-19 vaccinations at the door and wear appropriate masks. \$10. fortunaconcert@live.com. fortunaconcertseries.com.

Sci-Fi Night: Bill & Ted's Excellent Adventure (1989). Wed., Sept. 7, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:25 p.m. Movie at 7:30 p.m. Rated PG. All

ages. Parental guidance suggested. Free raffle. Retro-gaming in the lobby. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/1069935266984231. (707) 613-3030.

Sci-Fi Night: TRON (1982). Wed., Sept. 14, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:30 p.m. Main feature starts at 7:35 p.m. All age. Parental guidance suggested. Free raffle. Retro-gaming in the lobby. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/5650765138288068. (707) 613-3030.

Summer Concert Series. Sundays, 2-4 p.m. Arcata Plaza, Ninth and G streets. Enjoy live local bands and more. Free. arcatamainstreet@gmail.com. arcatamainstreet.com. (707) 822-4500.

The Telegraph Quartet Concert and Conversation. Sun., Sept. 11, 3 p.m. Lutheran Church of Arcata, 151 E. 16th St. Featuring pianist Daniela Mineva along with artistic director and violinist Tom Stone. Presented by the Eureka Chamber Music Series.

The Telegraph Quartet Mainstage Concert. Sat., Sept. 10, 7:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Eureka Chamber Music Series presents this award-winning quartet. Tickets online. www.eurekachambermusic.org.

Arcata Out of the Darkness Community Walk. Sun., Sept. 11, 10 a.m.-noon. Arcata Plaza, Ninth and G streets. A journey of remembrance, hope and support that acknowledges impact of suicide and mental health conditions. Free. arcataoutofthedarkness@gmail.com. afsp.org/arcata. (707) 721-4062.

Autumn Sidewalk Sale. Sat., Sept. 17, 11 a.m.-4 p.m. Historic Old Town Eureka, Second Street. Browse sales all up and down the sidewalks of Old Town. eurekamainstreet.org.

Bargain Lovers' Weekend. Sept. 16-18. City of Ferndale, Ferndale. From Main Street to side streets, the whole town offers everything from antiques and collectibles to household items, tools, toys, clothing and more.

Big Red: Ancient Redwood Hike. Sat., Sept. 17, 8:45 a.m.-5 p.m. Sanctuary Forest Office, 315 Shelter Cove Rd Unit #4, Whitethorn. Join Sanctuary Forest for a rigorous, steep, 5-mile hike on uneven terrain through virgin Mattole headwaters forest. Bring a lunch and water, and wear sturdy hiking shoes. Free. anna@sanctuaryforest.org. sanctuaryforest.org/event/big-red-ancient-redwood-hike-5/. (707) 986-1087.



What's your dream? Let's make it happen!

Nearby in Nature or Deep in the Wild

Elope, Wed or Renew Your Vows.
I'd be honored to officiate your ceremony
and I can also help you plan.



(707) 862-3933
WeddingsInTheWild.com

Paul Marsh
Human Being, PhD
Officiant, Concierge
& Adventurer

2 GUYS & A TRUCK

Carpentry

Landscaping

Junk Removal

Clean Up

Moving

Although we have been in business for 25 years, we do not carry a contractors license.
Call 845-3087

Blue Lake Sunday Market. Sundays, 1-5 p.m. Blue Lake, Off State Route 299, Exit 5. Farmers market, live music, vendors and a bar. Every Sunday through Sept. 25.

CEDS Roadshow - Greater Eureka & Humboldt Bay. Wed., Sept. 7, 5:30-7 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. Give your insights on the Comprehensive Economic Development Strategy for Humboldt County. Free. drios@co.humboldt.ca.us. humboldtrising.com. (707) 476-4809.

CEDS Roadshow - North County (Trinidad). Thu., Sept. 8, 5:30-7 p.m. Trinidad Town Hall, 409 Trinity St. Give your insights on the Comprehensive Economic Development Strategy (CEDS) for Humboldt County. Free. drios@co.humboldt.ca.us. humboldtrising.com. (707) 476-4809.

CEDS Roadshow - Willow Creek. Fri., Sept. 9, 5:30-7 p.m. Willow Creek VFW Hall, 20 Kimtu Road. Give your insights on the Comprehensive Economic Development Strategy (CEDS) for Humboldt County. Free. drios@co.humboldt.ca.us. humboldtrising.com. (707) 476-4809.

Coastal Cleanup Day. Sat., Sept. 17, 10 a.m.-10:30 p.m. Wharfinger Building, 1 Marina Way, Eureka. Help pick up litter throughout the waterfront including capturing litter data to identify trends. Supplies provided. Family friendly. jthomas@ci.eureka.ca.gov. facebook.com/events/950590643008355. (707) 441-4080.

Cruz'n Eureka. Sept. 8-10. City of Eureka, Humboldt County. A three-day event that includes a poker run, cruise, several show & shines, a movie, music and more. bgcredwoods.org/cruz-n-eureka.

Drag Races. Sat., Sept. 10 and Sun., Sept. 11. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Details online. \$10, free for 12 and under. samoadragstrip.com.

Dune Restoration Work Days. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help restore the dune ecosystem of the Humboldt Coastal Nature Center by removing invasive plants. Training in plant identification and removal provided. COVID-19 safety practices in place. Wear masks while gathered and practice social distancing. Free. dante@friendsofthedunes.org. friendsofthedunes.org/dert-days. (707) 444-1397.

Eureka Friday Night Market. Fridays, 5:30-8:30 p.m. Historic Old Town Eureka, Second

Street. Farmers market, arts and craft vendors, a bar featuring Humboldt-produced beverages, food vendors and live local music for dancing. humboldtmade.com/eureka-friday-night-market.

Eureka Speeder/Train Rides. Sat., Sept. 10, 10 a.m.-4 p.m. Halvorsen Park, Waterfront Drive, Eureka. Ride Humboldt's historic rails along the bay, across the Eureka Slough on Timber Heritage Association's crew car rail speeder. timberheritage.org/ride-the-rails-on-a-historic-speeder-crew/. (707) 443-2957.

Ferndale Concours on Main Car Show. Sun., Sept. 11, 10 a.m.-4 p.m. Ferndale Main Street, Ferndale. See up to 100 collectible vehicles on historic Main Street in this SCCA-sanctioned event.

FOAM Marsh Tour w/Lynn Jones. Sat., Sept. 17, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Jones in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk focusing on Arcata Marsh geography and ecology. Masks are recommended inside the building, regardless of COVID vaccination status. Free. (707) 826-2359.

Food for People's Free Produce Market - Garberville. Tue., Sept. 13, 10:30 a.m.-noon. Garberville Presbyterian Church, 437 Maple Lane. Drive-thru event. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Redway. Tue., Sept. 13, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Drive-thru and walk-up. Cars enter from Empire Drive. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Fore! The Community Golf Classic. Sat., Sept. 17, 8:30 a.m. Eureka Municipal Golf Course, 4750 Fairway Dr. Shotgun start. Proceeds benefit The Community Access Project for Eureka and the Betty Kwan Chinn Homeless Foundation. \$500. kmerrell@ci.eureka.ca.gov. www.playeureka.com. (707) 449-4808.

Freedom Matters. Second Tuesday of every month, 7 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Meets every second Tuesday of the month.

Frolic In The Glen - BBQ Potluck Picnic. Sat., Sept. 10, 10 a.m.-4 p.m. Rohner Park, 5 Park St., Fortuna. A North Coast Scottish Society's full day of games, raffles and entertainment, featuring the Academy of Irish Dance. Potluck luncheon from 11:30 a.m. to 12:30 p.m. Bring a dish to share, and your own place set-

tings and utensils. friendlyfortuna.com.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, eggs, meat, baked goods, nursery plants and starts, oysters, live music on the square, crafts and more.

Garden Gala. Sat., Sept. 10, 1-5 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy the garden, music, art, food, wine and beer. Purchase tickets in advance at the garden or online. 21 and older. \$100 per person. hbgf.org.

Guided Tour of Fort Humboldt State Historic Park. Sat., Sept. 10, 1 p.m. and Sat., Sept. 17, 1 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long ADA-accessible walking tour of the 19th century military outpost, focusing on its history, Euro-American colonists and Indigenous people. Rain cancels. Check North Coast Redwoods Facebook page for updates. Free. facebook.com/NorthCoastRedwoods.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Hammond Park Volunteer Day. Sat., Sept. 10, 10 a.m.-noon. Hammond Park Community Garden, Corner of 14th Street and E Street, Eureka. Help stain new picnic tables, chip landscape areas, revive the garden, and possibly paint a mural. All supplies provided. Free pizza lunch. jthomas@ci.eureka.ca.gov. www.facebook.com/events/576590704189952. 707-441-4080.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

CONTINUED ON NEXT PAGE →

Calendar

← CONTINUED FROM PREVIOUS PAGE

McKay Community Forest. Tour. Tue., Sept. 20, 9-11 a.m. McKay Community Forest, 3300 Harris St., Eureka. Learn about and provide input for the community forest trails and access. Free. www.ras.org.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

North Coast College & Career Expo. Tue., Sept. 13, 4:30 p.m. College of the Redwoods, 7351 Tompkins Hill Road, Eureka. College, university, trade schools, career pathways and military recruiters provide information to high school students and their parents. Free. rasbury@hcoe.org. hcoe.org/college-expo/. (707) 441-3973.

North Country Fair. Sat., Sept. 17 and Sun., Sept. 18. Arcata Plaza, Ninth and G streets. Celebrate the diversity of the community and the Fall Equinox over two days with craft, food and information booths, two parades, two stages of live music and a lawn performance area. Free.

NRLT Canoe the Slough. Sat., Sept. 10, 12-4 p.m. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. A guided interpretive 5-mile kayak paddle through Freshwater Slough and Humboldt Bay. Boats and gear provided. Dress warmly, wear a hat and bring water and a snack. Ages 12 and up. \$60. m.morassutti@ncrlt.org. givebutter.com/Canoe2022. (707) 822-2242.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. Fresh local produce, eggs, bread, specialty sourdough donuts and more. Plus music and hot food vendors. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org.

northcoastgrowersassociation.org/oldtown.html. (707) 441-9999.

Old Town Vintage Market. Third Sunday of every month, 10 a.m.-6 p.m. Redwood Retro, 211 G St., Eureka. A summer block party with vintage, second hand, artisan vendors and more.

Stock Car Racing. Sat., Sept. 10. Redwood Acres Raceway, 3750 Harris St., Eureka. Details and ticket prices online. racintheacres.com/.

Storytime with Sunshine the Chicken and Ms. Sue. Wednesdays, 11-11:30 a.m. Arcata Library, 500 Seventh St. In-person stories and songs for preschool children and their caregivers. Masks are optional. Ms. Sue will be wearing one. Free. humboldt.gov/calendar.aspx?EID=7463. (707) 822-5954.

Street Legal Style Drags. Sat., Sept. 10, 6 p.m. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Details online. samoadrag-strip.com.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Saunders Plaza, 353 Main St., Trinidad. Next to Murphy's Market. Featuring local art and crafts, live music and barbecue. Free admission.

NIGHTLIFE

Sunday Open Mic. Sundays, 9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Eric Fitzgerald. Free. savagehenrymagazine.com.

Thursday-Friday-Saturday Canteen at Redwood Empire VFW Post 1872. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays,

2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

ARTS & CULTURE

"Earth, Sky and Everything In Between". Sat., Sept. 17, 10:30 a.m.-5 p.m. Middletown Art Center, 21456 Hwy 175. The first exhibit of contemporary Native American art and the first exhibit curated by a Native American in Lake County.

Kickin' in the Country Dance. Thu., Sept. 15, 7-10 p.m. Downtown Kelseyville, Main Street. With Cajun/zydeco band Tom Rigney and Flambeau and local opening act Greg Rahn Trio.

LIFESTYLE & COMMUNITY

Bites, Beats & Barrels. Third Saturday of every month, 2-7 p.m. Stonehouse Cellars, 500 Old Long Valley Road, Clearlake Oaks. A night of laid-back fun featuring food, wine, live music and dancing.

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.



Clear Lake Lots

5000 square feet from \$500 down, \$286/Month

Utilities Available • 1 Mile From Lake • Owner will Finance

No Credit Check • Cash is King • 707-998-1785 or 707-523-5239

BECAUSE OF THE ECONOMY TODAY, THE SAFEST INVESTMENT IS REAL ESTATE

HIRING?

442-1400 x 314
ads@thetrader707.com

HOME COUNTRY

By Slim Randles



"I HATE LABOR DAY," said Doc, sucking down yet another cup of coffee at the Mule Barn Coffee Shop.

"Ain't here yet," said Dud, reaching for the jelly packets. "Soon though, I guess."

"Few days," said Steve. "Doc, what do you have against Labor Day?"

Doc sighed. "I always have to work. I thought someone invented Labor Day so no one would have to work. Labor Day's about my busiest day of the year!"

"You're kidding. It's a national holiday, why would you have to work? People go fishing, go bowhunting, take the family water skiing, Climb mountains. Fun stuff."

Doc sighed again in case the fellow members of the World Dilemma Think Tank didn't catch the first sigh.

"So what happens when everybody else doesn't go to work, but goes out to have fun?" Doc said. He counted on his fingers ... "Remove fish hooks from thumbs, set broken arms when someone falls off an alp, patch up car crash victims, treat food poisoning after the teenaged son fixes the sandwiches ... you name the fun, someone's going to make me pay for it."

"That's not the worst of it, either," Doc said. "You guys believe in the power of suggestion?"

We just sat there looking stupid.

"I sure do. How many women in this little valley are due to deliver babies in the next month."

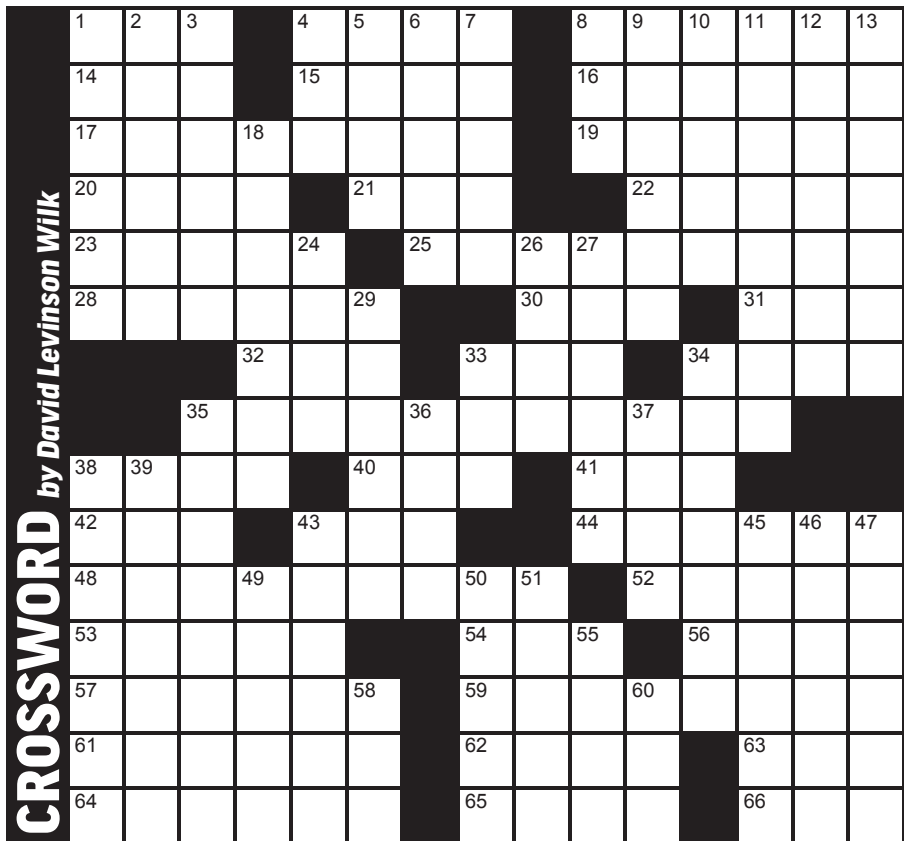
He looked around. "The answer is nine."

"And since there's a Labor Day coming up, when do you think they'll start contractions? That's right. Some will be early, some have been trying to wait until the time is right. And that would be Labor Day. I hate Labor Day!"

"Sorry, Doc," said Herb. "I'll get your breakfast this morning."

See, somehow national holidays seem to bring out the best in us all. ♦

Brought to you by the American Medical Association, even though they've never sponsored us before. But they're nice.



TO DO — Answers in the next edition

ACROSS

1. Suffix with spy or web
4. Fashionable, some say
8. Joyful tunes
14. Academic e-mail address ender
15. "___ calling!"
16. Eventually
17. Mute
19. Some rental trucks
20. La Salle of "ER"
21. Xbox alternative
22. Try to whack
23. Edit for TV, say
25. Where baseball's Yomiuri Giants play their home games
28. More pallid
30. LBJ's antipoverty agcy.
31. Huck's raftmate
32. "The Matrix" hero
33. Letters on a perp's record
34. Montana and Namath
35. Bandleader who signed teen singer Frank Sinatra in 1940
38. Eyewear, in ads
40. ___ school
41. Pince-___
42. Pitcher's asset
43. ___ Aviv
44. Apple cofounders Jobs and Wozniak
48. Maximum amount being paid
52. "The secret of being ___ is to tell everything": Voltaire
53. Band

DOWN

54. Doves do it
56. Caroline du Sud, e.g.
57. How to make money "the old-fashioned way"
59. Agenda exemplified by 17-, 25-, 35- and 48-Across
61. Stop the flow of
62. Send out
63. Speed: Abbr.
64. New Journalism pioneer
65. Salon tints
66. Suffix with Taiwan
1. Peter with the 1986 #1 hit "Glory of Love"
2. Flips over
3. It lost to "Crash" for Best Picture
4. Young chap
5. Declare frankly
6. Namely
7. "The Good, the Bad and the Ugly" composer
8. One of two N.T. books
9. "Moving on then ..."
10. Overhauled
11. The official anthem of the European Union
12. Wyoming college town
13. Digestive and respiratory, for two
18. Semiannual event
24. Swarm (with)
26. Gorilla pioneering in sign language
27. Pines (for)

29. German commander at the invasion of Normandy
33. Interject
34. Feminist blog with the tagline "Celebrity, Sex, Fashion for Women. Without Airbrushing."
35. ___ lobe
36. Hardly one's inside voice
37. ___ good example
38. High school senior's hurdle, redundantly
39. How some wages are calculated
43. Talking points
45. Kind of candle

© 2022 DAVID LEVINSON WILK

46. Clears the board
47. Agree out of court
49. "Death Be Not Proud" poet
50. Behaved
51. Like limousines
55. "Garfield and Friends" character
58. "What ___?"
60. NFL extra periods





Trailer & RV Supply

707-459-2423 Go to trailer101.com today!

See Our Complete Inventory...Pictures, Prices & Descriptions Of Everything We Normally Stock!



2021 535gal Water Trailer **\$9,900**



2021 725gal Water Trailer **\$10,000**



2021 1025gal Water Trailer **\$10,900**



2022 83" x 14' Dump Trailer **\$12,500**



2022 96" x 14' Deck Over Dump Trailer **\$14,500**



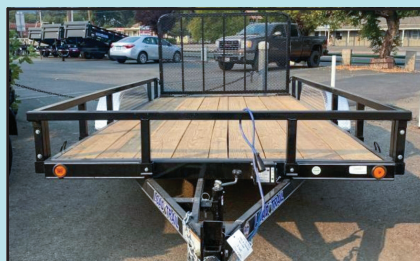
2022 83" x 14' Dump **\$14,500**
W/ 36in High Sides



2022 83" x 20' 14K Tilt N' Go **\$12,250**



SALE!
2022 83" x 18' 14K Carhauler **\$7,900**
W/ Stand Up Ramps



2022 83" x 14' 7K Utility Trailer **\$5,200**



8.5' x 24' 10K Mirage Enclosed **\$15,500**



5' x 10' 3.5K Mirage Enclosed **\$10,250**



7' x 16' 7K Mirage Enclosed **\$9,225**



1471 South Main • Willits

HOURS: Mon-Friday 8:00 to 5:00 and Sat 9:00 to 1:00
All Units Subject to Prior Sale. All Prices Plus Tax, Lic, & Doc Fees.

Financing Available